

Slow Cooker Brown Sugar & Balsamic Glazed Pork Loin

From C & C Marriage Factory, 2011

Ingredients

1 (2 pound) boneless pork tenderloin (or regular pork loin)
1 teaspoon ground sage
½ teaspoon salt
¼ teaspoon pepper
1 clove garlic, crushed
½ cup water

Glaze:

½ cup brown sugar
1 Tablespoon cornstarch
¼ cup balsamic vinegar
½ cup water
2 Tablespoons soy sauce

Directions

Combine sage, salt, pepper and garlic. Rub over roast.

Place in slow cooker with ½ cup water. Cook on low for 6-8 hours.

About 1 hour before roast is done, combine ingredients for glaze in a small sauce pan. Heat and stir until mixture thickens.

Brush roast with glaze 2 or 3 times during the last hour of cooking. Serve with remaining glaze on the side.

Nutrition Information

Makes 6-8 servings

Calories: 273; Total Fat: 8 g; Total Carbohydrate: 11 g; Protein: 33 g

